

Mahmood - Afkhan (13759)

SECTION - A

→ Multiple choice Questions MCQs.

- 1 Hygiene
- 2 proper circulation.
- 3 Convection
- 4 25 times
- 5 Buoyancy.
- 6 Two repetitions of 10 minutes off and 10 minutes on
- 7 750nm - 400000nm.
- 8 infra-red rays.
- 9 Luminous generator.
- 10 None of the above.
- 11 50 - 75cm
- 12 0.87 - 0.97
- 13 10 - 15 minutes.
- 14 None of them.
- 15 Pascal's Law.
- 16 Mild heating.
- 17 pain gait mechanism.
- 18 whirlpool.
- 19 Both A and B.
- 20 Coplanar

21 increased fluid movement.

22 visible light.

23 5cm

24 UV-A

25 infrared

26 0.8mm

27 Depends on condition.

28 Osteoporosis

29 Traction

30 none of them

31 UV-B

32 (B) Cold receptors are several time more numerous.

33 Anterior horn cell

34 24-48 hours.

35 None of the above

36 ice.

SECTION - B

Q How hydrotherapy produces:

① Musculoskeletal effects.

The patients of musculoskeletal disorders and joints that are sensitive to weight-bearing, so the water property that is buoyancy that is immersed into the water (hydrotherapy) is effective for these patients.

As their body is immersed into the water, they feel their weight less.

Example: ① arthritis patients

② Ligament skin stability

③ Cartilage breakdown.

→ When articular or peri-articular structures degenerated so hydrotherapy for these patients is used.

② Cardiovascular effects

When body is immersed in the water. The hydrostatic effect or pressure is exerted on the lower body so,

venous blood will proximally move upward.



heart blood increases



Cardiac Volume increases



stroke volume increases



so then Cardiac output increases.

③ Respiratory effects

When body is immersed in the water the breathing work increases.

As

the venous blood goes upward

blood quantity increases in the chest area.



so

the circulation in chest area
increases.



more water exerts pressure
on the chest.



So, lungs have difficulty in
expiration.



So lungs vital capacity decrease

→ The patients having lung problems.



hydrotherapy for long time
is not good.



as breathing capacity become
less.

